

## **COVID-19 Guidance for Team Sports and Tournaments**

### **Keeping athletes safe**

- If you are sick or have been around others who are sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone suspected or confirmed to have COVID-19, stay home.
- Adult sports gatherings are not open to spectators.
- Youth sports gatherings allow parent and/or family member to spectate only with appropriate social distancing and use of face coverings.
- Parents, players, officials and coaches should not congregate on the fields between games.

### **Reduce physical closeness between players when possible**

- Limit full contact between players to game days (avoid during practice).
- Increase space between players in the practice areas, including on the sideline and bench. (Reminder: the dugout and bleachers are **closed**.)
- Avoid high fives, handshakes, fist bumps or hugs.
- Don't spit.
- Don't share towels, clothing, or any items used to wipe your face or hands.

### **Minimize sharing of equipment or gear**

- Players should bring their own equipment.
- Keep belongings separated from others, like your gym bag and equipment, when not in use.
- Clean and disinfect shared items between use.
- Wash your hands with soap and water for 20 seconds, or use hand sanitizer with at least 60 percent alcohol, before and after practices or games and before and after sharing equipment.

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**Practice social distancing and use cloth face coverings, when appropriate**

- Players and officials are required to wear masks when walking to and from the field. For games, coaches are required to wear masks at all times. For practices, coaches are required to wear masks at all times except when actively leading practice on the field of play.
- Don't touch your cloth face covering. If you do, clean your hands using hand sanitizer with at least 60 percent alcohol.
- Wear a cloth face covering when unable to keep 6 feet of space between people, like on the bench or sideline. (Reminder: the dugout and bleachers are **closed**.)
- Wear a cloth face covering when you are not actively playing (during game delays, or while on the bench or sideline).

**Managing concerns & expectations about play**

- For some, heading back to practice and play might bring up feelings of stress and anxiety. Athletes, coaches or others may have fears of contracting COVID-19 or passing it on to others.
  - \* Talk to the team frequently about precautions and safety on and off the field.
  - \* Communicate rules about masking and physical distancing clearly and frequently with parents and coaches.
  - \* Share resources for information about COVID-19 regularly ([CDC.gov/coronavirus](https://www.cdc.gov/coronavirus), [coronavirus.maryland.gov](https://coronavirus.maryland.gov), [www.hchealth.org](http://www.hchealth.org)).

**If a player, official or coach tests positive for COVID-19**

- Notify sports program staff, umpires/officials, and families immediately of anyone with COVID-19 [while maintaining that person's confidentiality in accordance with the Americans with Disabilities Act (ADA)].
- Notify the league commissioner or tournament director and Howard County Health Department COVID-19 Information Line at 410-313-6284.
- If any coaches, staff members, umpires/officials, or players get sick, they should not return until they have met CDC's [criteria to discontinue home isolation](#). For more information, refer to the Preparing for When Someone Gets Sick section in the [Considerations for Youth Sports](#).